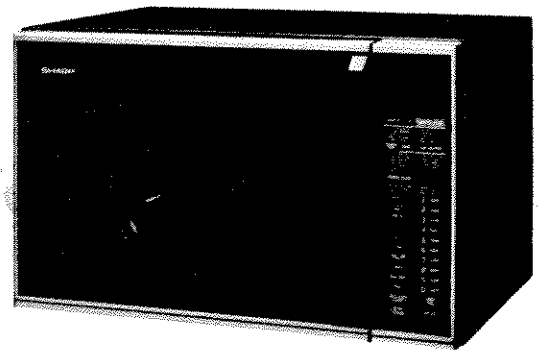
SHARP

CAROUSEL® II
CONVECTION MICROWAVE OVEN

MODELS R-8570 R-8465

OPERATION MANUAL

1987



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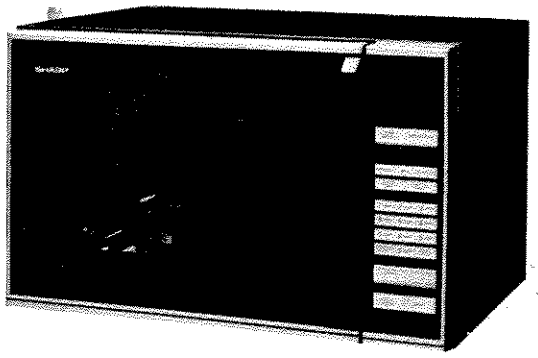

R-8465

FOR YOUR PROTECTION...

To aid in reporting this convection microwave oven in case of loss or theft, please record below the model number and serial number located on the back of the unit. We also suggest you record all the information listed and retain for future reference.

MODEL NUMBER R-8570 SERIAL NUMBER 03520

DATE OF PURCHASE 2/12/87

Dealer _____

Address _____ City STRATFORD

State CT Zip 06497 Telephone _____

Service Station _____

Address _____ City _____

State _____ Zip _____ Telephone _____

TOLL FREE SERVICE INFORMATION

For your nearest Sharp Authorized Service Station, call toll free:

800-447-4700

In Hawaii or Alaska, contact your local dealer.

Please review Service Call Check on page 10 before calling for service.

Warranty Validation

Dealers who sell microwave ovens are required to register the location of all ovens sold with the manufacturer.

The warranty registration card required by the U.S. Department of Health and Human Services (DHHS) for recordkeeping is provided on the outer carton of your Sharp Microwave Oven and should be completed and returned by your dealer to register your purchase. If your dealer should fail to return this card, please send it to Sharp Electronics Corporation. If you sell a microwave oven or purchase one through an original owner, you are required to notify the manufacturer.

SHARP® MICROWAVE OVEN TEST KITCHEN

SHARP ELECTRONICS CORPORATION
Sharp Plaza, Mahwah, New Jersey 07430

Dear Sharp Customer:

We are pleased that you've chosen a Sharp Carousel II Convection Microwave Oven. Now that you have decided to join the millions of microwave oven owners,we at Sharp want you to get the maximum enjoyment and use from your Sharp oven.

Your new Carousel II Convection Microwave Oven can be operated as a microwave alone, for good, fast cooking; as a convection oven for crisp, even browning; or in combination for the best cooking results available today — all in one convenient appliance.Before using your oven for the first time, please read this book carefully. It is very important that you understand this Operation Manual.Your entire family should know how to operate the oven correctly so that each of you can easily use and benefit from it.

This manual is a companion to your Sharp Carousel Convection Microwave Cookbook. Refer to both frequently as you learn to use your oven.

Sharp's home economics staff is eager to help if you have questions. On any correspondence please indicate:

* the model number of your oven
* your complete mailing address
* your telephone number — home and business
  (Please include area code and zip code.)

Best wishes!

Susan Edwards

Susan Edwards
Sharp Test Kitchen
Sharp Plaza
Mahwah, NJ 07430

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IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Visual check after unpacking:
   Remove all packing material from the oven cavity.
   Check the oven for any damage, such as misaligned door, damaged gaskets around door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a Sharp Authorized Service Station and any repairs made, if necessary.
3. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 6.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
5. Install or locate this appliance only in accordance with the provided installation instructions.
6. Some products such as whole eggs and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
7. Use this appliance only for its intended use as described in this manual.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Service Station for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. Do not use outdoors.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. See door surface cleaning instructions on page 41.
17. To reduce the risk of fire in the oven cavity:
    a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
    c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

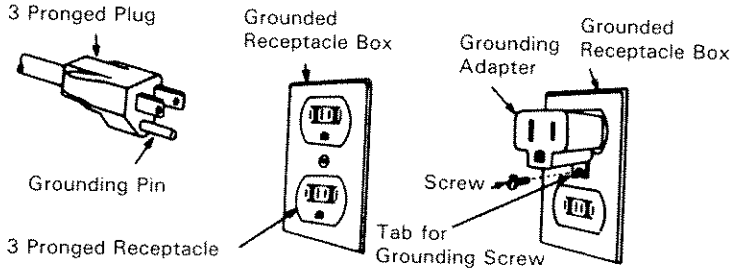
SAVE THESE INSTRUCTIONS

The cabinet of your new Microwave Oven is protected by a vinyl covering during shipment. Please remove this vinyl covering prior to operating your oven.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING – Improper use of the grounding plug can result in a risk of electric shock.
If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.
The marked rating of the extension cord should be AC 115-120 Volt, 15 Amp. or more.
Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.



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PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
(1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

(e) Do not operate oven with the temperature probe caught between the oven front face and the door.

FEATURES

- Carousel turntable system provides more uniform cooking than ever before possible. Automatically turns the food for even cooking.
- Sharp's Electronic Sensory Processor-ESP senses the vapor (moisture and humidity) emitted from food during cooking and automatically calculates microwave cooking time and variable power levels. (R-8570 only)
- Sensor Temp setting determines temperature and cooking program to automatically cook roasts, poultry and casseroles to exact degree of doneness. (R-8570 only)
- CompuCook for combination and convection cooking automatically computes oven temperature, microwave power and cooking time. It is based on specific foods and the quantity or weight of the food. (R-8570 only)
- Auto-Touch microprocessor control panel for wide variety of cooking programs not achievable by conventional methods.
- CompuDefrost for automatic defrosting of meats and poultry.
- Variable Cooking Control for choosing the rate of microwave cooking: HIGH, MED HIGH, MED, MED LOW/DEFROST and LOW.
- Minute Plus for cooking an extra minute at HIGH or adding time during cooking program.
- Two mix settings to automatically combine convection and microwave cooking in one simple step.
- Four sequence programmable cooking.
- Baking rack for two level convection or combination cooking.
- Broiling trivet for roasting or broiling meat.
- Auto Start for delayed cooking.
- Built-In Kit available for wall installation.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1.47 kW (Microwave) 1.6 kW (Convection)
Output Power:	
Microwave	700W (2000cc water load)
Convection	1500W
Frequency:	2450 MHz
Outside Dimensions:	24⅝"(W) x 15¾"(H) x 18⅜"(D)
Cavity Dimensions:	15½"(W) x 10"(H) x 16⅝"(D)
Oven Capacity:	1.5 cft
Cooking Uniformity:	Turntable system
Weight:	Approx. 72 lbs.

In compliance with standards set by:

FCC — Federal Communications Commission Type Approved

DHHS — Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

— This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

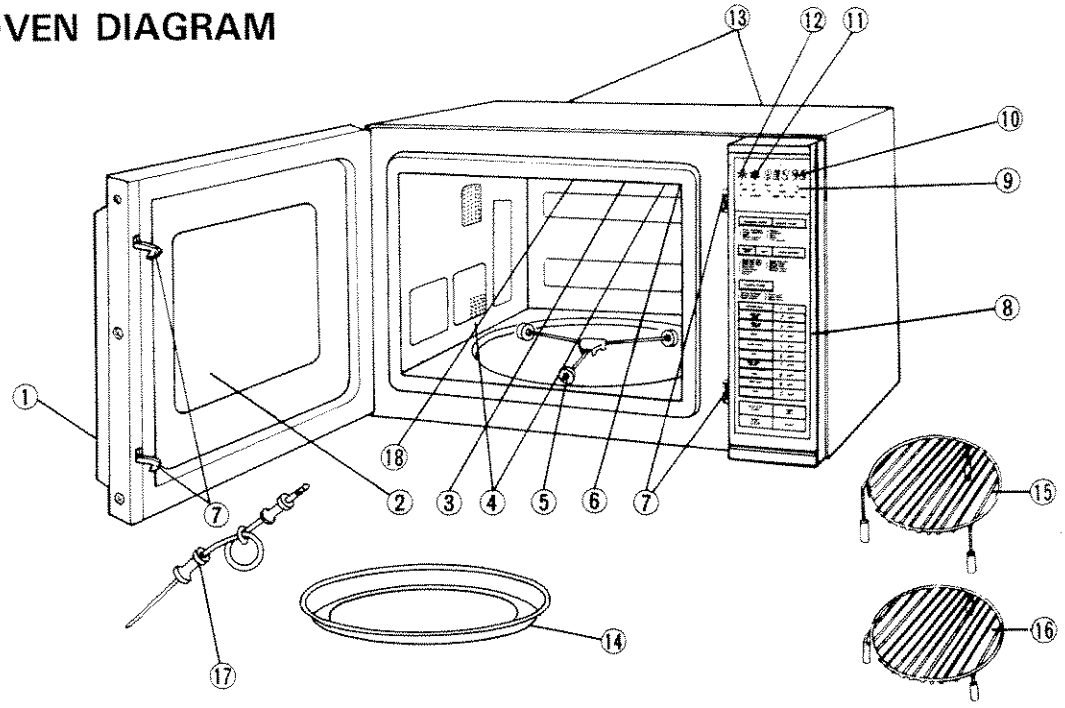
Carousel and Auto-Touch are registered trademarks of Sharp Electronics Corporation.

INSTALLATION INSTRUCTIONS

Your Sharp Convection Microwave Oven may be most convenient for you when located on the countertop in your kitchen. It can be placed anywhere you have a 3-pronged grounded 115—120 volt outlet.

1. Exhaust vents are provided on the back of the unit for proper cooling and air flow in the cavity. To permit adequate ventilation, be sure to install the unit so as not to block these vents. There should be some space for air circulation above and behind the unit.
2. The unit should not be installed in any area where heat and steam are generated, because they may damage the electronic or mechanical parts of the unit. The unit should not be installed, for example, next to or above a conventional surface unit or above a conventional wall oven.

OVEN DIAGRAM



1. Heat-resistant door handle.
2. Oven door with see-through window.
3. Oven lamp.
4. Convection air openings.
5. Turntable support.
6. Waveguide cover.
7. Door latches.
8. Auto-Touch Control Panel.
9. Indicators
10. Lighted digital display.
11. CompuDefrost Symbol
12. Convection Fan Symbol
13. Ventilation openings.
14. Removable turntable.
15. Baking rack.
16. Broiling trivet.

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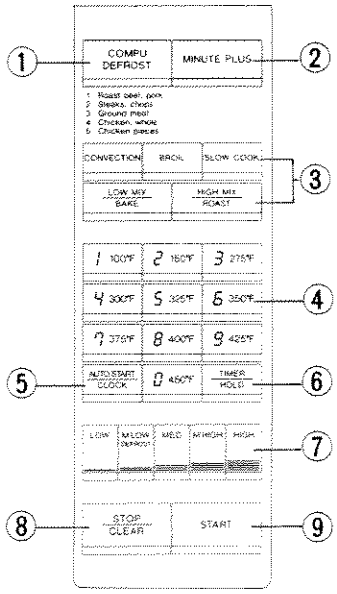
17. Removable temperature probe.
18. Temperature probe receptacle.



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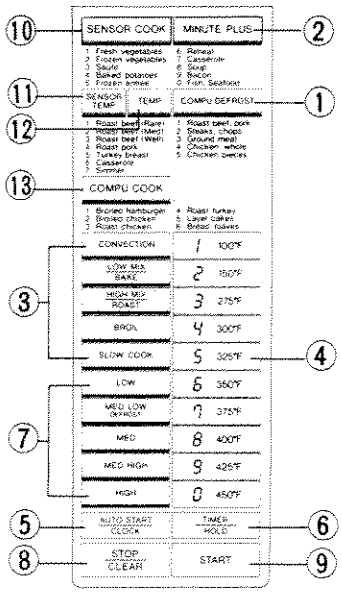

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1. CompuDefrost Pad.
2. Minute Plus Pad.
3. Cooking Function Pads.
4. Number and temperature selection Pads.
5. Auto Start/Clock Pad.
6. Timer/Hold Pad.
7. Variable cooking control Pads.
8. Stop/Clear Pad.
9. Start Pad.
10. Sensor Cook Pad.
11. Sensor Temp Pad.
12. Temp Pad.
13. Compu Cook Pad.

AUTO-TOUCH® OPERATION CHECK

SENSOR COOK (R-8570 only)

Make sure the oven has been plugged in at least 5 minutes before checking sensor operation.

1. Place the turntable inside the oven cavity.
2. Place one cup of room temperature water in a glass measuring cup on the turntable.
3. Close the door securely. Oven light will go out.
4. Touch SENSOR COOK pad and number pad 3 in sequence. [SC-3] will appear on the display.
5. Touch the START pad.
6. Within 3 minutes, display will change from SC-3 to remaining cooking time. Cooking time will count down to zero.
7. When the remaining cooking time reaches zero, an audible signal will sound and [STAND] , [COVER] and [STIR] will appear continuously on the display. The oven will turn off automatically.
8. The water should be bubbling if oven is operating normally.

You should not open the door or touch STOP/CLEAR while [SC-3] is on the display. If you open the door or touch STOP/CLEAR accidentally, [ERROR] and [SC-3] will appear.
To erase [ERROR] and [SC-3] , touch STOP/CLEAR. Remove the glass measuring cup from the oven, refill with fresh water and go back to step 2 to recheck.

CONVECTION

1. Program the oven to preheat to 150°F. The red Convection Fan Symbol in the display will flash on and off and the display will show [PRE-] , [HEAT] repeatedly. The oven lamp and fan will come on, the turntable will begin rotating and preheating will begin.
2. When the oven temperature reaches 150°F, the Convection Fan Symbol will stop flashing and will begin rotating. An audible signal will sound four times. The oven will then begin temperature holding operation.
3. The oven will automatically hold the temperature at 150°F for 15 minutes. After this time has elapsed, an audible signal will sound and the unit will turn off.
4. The oven cavity will be warm if oven is operating normally.*
   Avoid touching oven surface and door as heat could cause burns.
5. If the door is opened or the STOP/CLEAR pad is touched during the preheating operation, the selected preheat temperature is displayed but preheating will stop. The oven will continue preheating when the door is closed and the START pad is touched.
6. If the door is opened or the STOP/CLEAR pad is touched during the temperature holding operation, the program is cancelled and the display will return to time of day.

* If the oven emits an odor, program the oven to preheat to 450°F to "burn off" odor. Touch CONVECTION, 450°F and START. This is a non-toxic odor common to new appliances.

SERVICE CALL CHECK

Please check the following before calling service:

1. Does the display light? Yes _____ No _____
2. When the door is opened, does the oven lamp light? Yes _____ No _____

   If "No" is the answer for both, please check your wall socket and breaker. If both the wall socket and breaker are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE STATION. SEE PAGE 1 OF THIS BOOK FOR SERVICE INFORMATION.

Please check the following if "Yes" is the answer to either of the above questions.

3. Place one cup of water in a glass measuring cup in the oven and close the door securely. Oven light should go off if door is closed properly.
   Program the oven for three minutes on HIGH. Touch these pads:

   [3] [0] [0]

   [START]

   A. Does the oven lamp light? Yes _____ No _____
   B. Does the cooling fan work? Yes _____ No _____
      (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? Yes _____ No _____
   D. Do COOK and HIGH indicators light? Yes _____ No _____
   E. At the end of 3 minutes, is the water bubbling? Yes _____ No _____

4. Empty glass measure and refill with room temperature water. Place one cup of water in the oven and program: (R-8570 only)

   [SENSOR COOK]

   [3]

   [START]

   A. Does the oven turn off automatically after 2 to 5 minutes from the beginning of cooking? Yes _____ No _____

5. Remove water from the oven and program:

   [5] [0] [0]

   [CONVECTION]

   [450°F]

   [START]

   A. Do CONV, Fan Symbol and COOK light? Yes _____ No _____
   B. After the oven shuts off, is inside of the oven hot? Yes _____ No _____

If "NO" is the answer to any of the above questions, PLEASE CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE STATION. SEE PAGE 1 OF THIS BOOK FOR SERVICE INFORMATION.

OPERATION OF AUTO-TOUCH® CONTROL PANEL

Your new Auto-Touch convection microwave oven uses a microprocessor, the electronic brain that provides a wide variety of cooking programs which could not be achieved by conventional control methods. The operation of the oven is controlled by touching the appropriate pads arranged on the surface of the control panel. The lighted digital readout will display the cooking time, convection temperature, Sensor Cook, Sensor Temp or Compu Defrost setting, time of day or minute timer. Indicators show the variable cooking setting and cooking function you have programmed.

An entry signal tone should be heard each time you touch the control panel to make a correct entry. If you do not hear this sound,

1) You have not used enough pressure in touching the pad.
2) You have made more entries than the control panel will accept.
3) You have made an incorrect entry.

In addition to the entry signal tone, an audible signal will sound for approximately 2 seconds at the end of the cooking cycle.

* Make sure the oven is plugged into a 3-pronged grounded 115—120 volt household circuit. When the oven is plugged in, the display show [88888] , flashing on and off each second. Touch the STOP/CLEAR pad: [1:00] will appear.
* You cannot program the oven if the door is not closed firmly.
* During cooking, the program cannot be changed until the STOP/CLEAR pad is touched twice. All functions are locked in to prevent accidental changes.
  If food does not seem to be heating properly, check the indicator immediately below the lighted digital display. Be sure the Variable Cooking Control is on the proper setting.
* If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show [88888] after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will be also erased. Simply reset the clock for the correct time of day.

To Set the Clock

* Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.)

Step	Procedure	Pad Order	Display
1.	Touch AUTO START/CLOCK pad.	AUTO START / CLOCK	0
2.	Enter the correct time of day by touching the numbers in sequence.	1 2 3 0	12 30
3.	Touch AUTO START/CLOCK pad again.	AUTO START / CLOCK	12:30

The clock is now set and will keep the time of day.

NOTE: 1. This is a 12 hour clock. [ERROR] will appear in the readout if you attempt to enter an incorrect clock time. For example, if you attempt to enter 8:61 or 13:00, [ERROR] and incorrect clock time will appear repeatedly. To erase [ERROR] touch the STOP/CLEAR pad. If you accidentally touch more than 4 number pads, the last 4 numbers you have touched will appear on the display.

2. If the oven is in cooking or minute timer mode and you wish to know the time of day, simply touch the AUTO START/CLOCK pad. As long as your finger is touching the AUTO START/CLOCK pad, the time of day will be displayed. This checking operation does not interfere with cooking time, oven temperature or minute timer.

Minute Timer

The Auto-Touch control panel can be used as a timer for timing up to 99 minutes, 99 seconds. There is no cooking involved.

* Suppose you want to time a 3 minute long distance phone call.

Step	Procedure	Pad Order	Display
1.	Enter desired time.	3 0 0	3 00
2.	Touch the TIMER/HOLD pad.	TIMER HOLD	3.00

The timer will begin counting down to zero. When the timer reaches zero, the signal will sound. The time of day will reappear on the display.
To cancel the minute timer during operation, touch the STOP/CLEAR pad and the time of day will reappear.

Stop/Clear

Use the STOP/CLEAR pad to:
1. Erase if you make a mistake during programming.
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.

To Cancel a Program During Cooking

If you are in the process of cooking and wish to stop the oven and cancel the entire cooking program, follow either of the steps below:

1. Open the oven door. 2. Close the door. 3. Touch the STOP/CLEAR pad.

or

1. Touch the STOP/CLEAR pad twice.

Auto Start

If you wish to program your oven to begin cooking automatically at a designated time of day, follow this procedure:

* Suppose you want to start cooking a stew for 20 minutes on MED at 4:30 this afternoon. Before setting, check to make sure the clock is showing the correct time of day.

Step	Procedure	Pad Order	Display
1.	Enter the desired start time.	4 3 0	4 30
2.	Touch AUTO START/CLOCK pad.	AUTO START / CLOCK	4:30 AUTO The colon(:) will flash on and off.
3.	Enter the desired cooking time.	2 0 0 0	20 00 AUTO
4.	Select desired MED setting.	MED	20 00 MED AUTO
5.	Touch START pad.	START	The correct time of day will appear. Suppose the actual time is 1:00 P.M. 1:00 AUTO At 4:30 the oven will come on. 20.00 MED COOK

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: The Auto Start feature can be used for any of the programs except Sensor Cook, Compu Defrost and Minute Plus.

Once you have correctly programmed the oven for Auto Start, the correct time of day (not the Auto Start time) will appear on the display. To check the programmed Auto Start time, touch the AUTO START/CLOCK pad. The programmed Auto Start time will appear on display as long as your finger is touching the pad. Checking the Auto Start time will not interfere with the operation of the oven.

To cancel Auto Start, simply touch STOP/CLEAR pad twice.

To Use Minute Plus

The Minute Plus system allows you to cook for an extra minute at HIGH by simply touching the Minute Plus pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the Minute Plus pad during a cooking program of microwave or convection or combination cooking.

* Suppose you want to heat a cup of soup for one minute.

Step	Procedure	Pad Order	Display
1.	Touch MINUTE PLUS pad.	MINUTE PLUS	1.00 HIGH COOK The timer begins to count down.

When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: Minute Plus can only be entered within 1 minute after cooking, closing the door, touching the STOP/CLEAR pad or during cooking. Minute Plus cannot be used to start the oven if any program is on display.

* Suppose you want to add 1 minute during cooking.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	5 0 0	5 00
2.	Select desired variable cooking control setting.	MED HIGH	5.00 MED HIGH
3.	Touch START pad.	START	5.00 MED HIGH COOK The timer begins to count down. 1.30 MED HIGH COOK
4.	Touch MINUTE PLUS pad.	MINUTE PLUS	2.29 MED HIGH COOK The cooking time is increased 1 minute and continues to count down.

When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: The cooking time can be increased in multiples of 1 minute by repeatedly touching the Minute Plus pad during a cooking program of microwave or convection or combination cooking and during maintaining temperature with probe. Minute Plus cannot be used with Sensor Cook, Sensor Temp, CompuDefrost, Compu Cook and Slow Cook.

MICROWAVE COOKING

To Cook at High

Many foods are cooked at HIGH (100%) for best results. The Variable Cooking Control allows you to select the rate of microwave cooking, but the oven will automatically operate at HIGH if no variable cooking control pad is touched. If you wish to cook at HIGH, it is not necessary to touch the HIGH pad. For other variable cooking control levels, the desired setting must be entered.

* Suppose you want to heat 2 cups of coffee for 1 minute 30 seconds at HIGH.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	1 3 0	1 30
2.	Touch START pad.	START	1.30 HIGH COOK

The cooking time will count down to zero. When the timer reaches zero, the indicators will go out and an audible signal will sound. The time of day will reappear on the display. Microwave energy will stop.

* When the door is opened during the cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the START pad is touched.

Variable Cooking Control

There are six preset power levels.

Approximate percentage of microwave power for each power level.	
HIGH	100%
MED HIGH	70%
MED	50%
MED LOW/DEFROST	30%
LOW	10%
HOLD	0%

Some foods give best results when cooked more slowly at a lower cooking power. Your cookbook indicates the recommended variable setting for each recipe. See your Sharp Carousel Convection Microwave Cookbook for guidelines on how to use the Variable Cooking Control.

* Suppose you want to heat soup for 2 minutes 15 seconds at MEDIUM.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	2 1 5	2 15
2.	Select desired variable cooking control setting.	MED	2.15 MED
3.	Touch START pad.	START	2.15 MED HIGH COOK

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If you accidentally touch the wrong Variable Cooking Control pad, immediately touch the correct pad. The last pad touched will be the setting the oven accepts. For example, if you touch MED HIGH pad and then immediately touch MED pad, the oven will cook at MEDIUM.

Multiple Sequence Cooking

Your oven can be programmed for up to 4 automatic cooking sequences, switching from one variable power setting to another automatically.
Check the recipe section of your Sharp Carousel Convection Microwave Cookbook for ideas on when to use multiple sequence cooking.

* Suppose you want to roast beef for 5 minutes at HIGH, and continue to cook for 30 minutes at MEDIUM.

Step	Procedure	Pad Order	Display
1.	Enter desired time for first cooking sequence.	5 0 0	5 00
2.	Select first variable cooking control setting.	HIGH	5.00 HIGH
3.	Enter desired time for second cooking sequence.	3 0 0 0	30 00
4.	Select second variable cooking control setting.	MED	30.00 MED
5.	Touch START pad.	START	5.00 HIGH COOK The timer will count down the first sequence and when it reaches zero, the second sequence will appear on display and begin to count down. 30.00 MED COOK

When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If HIGH is selected as the final sequence, it is not necessary to touch the HIGH pad.
If HIGH is programmed as the first, second or third sequence, the HIGH pad must be touched.
HOLD cannot be programmed as the first cooking sequence or used alone. If HOLD is used as the first sequence, oven will begin counting down as a minute timer.

CompuDefrost

Your Sharp Microwave Oven has special function keys to defrost meats and poultry faster and better. CompuDefrost automatically defrosts roast beef, pork, steaks, chops, ground meat, whole chicken and chicken pieces. Each key has 3 defrosting stages.

* Suppose you want to defrost a 2 lb. steak with CompuDefrost.

Step	Procedure	Pad Order	Display
1.	Touch COMPU DEFROST pad.	COMPU DEFROST	FOOD COMPU DEFROST
2.	Select desired CompuDefrost setting. Touch 2 to defrost steak.	2	❄ C D - 2 Lbs. COMPU DEFROST Lbs. will flash on and off.
3.	Touch number pads to enter weight.	2 0	❄ 2.0 Lbs. COMPU DEFROST Lbs. stops flashing and remains on display.
4.	Touch START pad.	START	❄ 7.33 MED HIGH COMPU DEFROST COOK Defrosting time, variable power of the first stage and COOK will appear on display. The timer will begin to count down. When the 1st stage finishes, an audible signal will sound 4 times and oven will stop. COOK indicator will go off. TURN , OVER and COVER , EDGE will be displayed repeatedly.
5.	Open the door. Turn steak over and shield any warm portions. Return food to the oven. Close the door.		PRESS and START will be displayed repeatedly.
6.	Touch START pad.	START	❄ 4.58 MED COMPU DEFROST COOK The timer will continue to count down. When the 2nd stage finishes, an audible signal will sound 4 times and oven will stop. COOK indicator will go off. LOOK , COVER and EDGE will be displayed repeatedly.

Step	Procedure	Pad Order	Display
7.	Open the door. Turn steak over and shield any warm portions. Return food to the oven. Close the door.		PRESS and START will be displayed repeatedly.
8.	Touch START pad.	START	❄ 2.30 MED LOW COMPU DEFROST COOK The timer will continue to count down. When the 3rd stage finishes, an audible signal will sound. COOK indicator will go off. STAND will be displayed continuously.

When door is opened or STOP/CLEAR pad is touched, STAND will go out and the time of day will appear on the display.

NOTE:

1. The weight can be entered in 0.1 Lb. increments. Pounds must be rounded off to the nearest tenth of a pound. (Example: 1.75 Lbs. should be rounded off to 1.8 lbs.)
2. Foods weighting more or less than the quantity listed in the chart should be defrosted following guidelines in the cookbook. If the incorrect weight is entered and START pad is touched ERROR and incorrect weight will be displayed repeatedly. The STOP/CLEAR pad has to be touched to reprogram the oven.
3. Elevate whole chicken or roast on a microwave safe roasting rack or inverted saucer set on a microwave safe utility dish. Defrost roasts with fat side down, turn over when oven signals.

CompuDefrost Chart

Compu Defrost Setting	Food	Amount	Display	Procedure	Comment
1.	Roast Beef Pork	2.5 to 6.0 lbs	TURN OVER COVER EDGE LOOK COVER EDGE	• After the 1st stage, turn over and shield the warm portions with aluminum foil. • After the 2nd stage, if there are warm portions, shield with aluminum foil.	Let stand, covered Top Sirloin 45—60 minutes Eye Round 30—45 minutes Bottom Round 30—45 minutes Pork 15—20 minutes
2.	Steaks Chops Fish	0.5 to 4.0 lbs	TURN OVER COVER EDGE LOOK COVER EDGE	• After the 1st stage, turn over and shield the warm portions with aluminum foil. • After the 2nd stage, if there are warm portions, shield with aluminum foil.	Let stand, 10—15 minutes
3.	Ground meat	0.5 to 3.0 lbs	PULL APART RE- MOVE	• Remove any thawed pieces after each stage.	Let stand, 5—10 minutes.
4.	Chicken, whole	2.5 to 6.0 lbs	TURN OVER COVER EDGE LOOK COVER EDGE	• After the 1st stage, turn over and shield the warm portions with aluminum foil. • After the 2nd stage, if there are warm portions, shield with aluminum foil	Remove giblets before freezing poultry. Let stand, covered 30—55 minutes.
5.	Chicken pieces	0.5 to 3.0 lbs	PULL APART RE- ARRNG RE- ARRNG COVER EDGE	• After the 1st stage, turn over and rearrange. • After the 2nd stage, if there are warm or thawed portions, rearrange or remove.	Let stand, 10—15 minutes.

NOTE: Check foods when oven signals. After final stage, small sections may still be icy, let stand to continue thawing.
Shielding roasts and steaks prevents cooking from occuring before the center of the food is defrosted. Use small strips of aluminum foil to cover edges and thinner sections of the food.

SENSOR COOKING (R-8570 only)

Sharp's Electronic Sensory Processor, ESP, is a semi-conductor device that detects the vapor (moisture and humidity) emitted from food as it heats. The Sensor adjusts cooking times and variable power for various foods and quantities. It takes the guesswork out of microwave cooking.

Using Sensor Settings

1. Room temperature should not exceed 95°F.
2. Exhaust vents are provided on the back of the unit for proper cooling and air flow in the cavity. To permit adequate ventilation, be sure to install the unit so as not to block these vents. There should be some space for air circulation.
3. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
4. During the first part of Sensor cooking, SC- and the Sensor setting number will appear on display. Do not open the oven door or touch STOP/CLEAR during this part of the cooking cycle. The measurement of vapor will be interrupted. Door may be opened when remaining cooking time appears on display. At this time, you may stir or season food, as desired.
5. Check food for doneness after cooking with sensor settings. If additional time is needed continue to cook with variable power and time.
6. After 30 minutes, if the sensor has not detected the vapor of the food, [ERROR] , SC- and Sensor setting number will appear and the oven will shut off.

Selecting Foods

1. The Sensor works with foods at normal storage temperature. For example, chicken pieces would be at refrigerator temperature and canned soup at room temperature.
2. Foods weighing less than 3 ounces should be cooked by time and variable power.

Covering Foods

Some foods work best when covered. Use the cover recommended in the chart or recipe for these foods.

1. Casserole lid
2. Plastic wrap

   Use plastic wrap recommended for microwave cooking.
   Cover dish loosely; fold excess wrap over side of dish.
   Do not create an air tight seal.
3. Paper towel

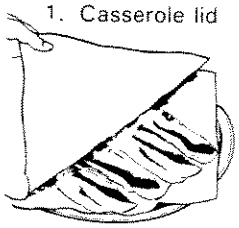
   Use paper towels to absorb excess fat when cooking bacon. Line paper plate with paper towels and cover bacon with additional paper towels.
4. Wax paper

   Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

1. Casserole lid

2. Plastic wrap



3. Paper towel

4. Wax Paper

To Cook with Sensor

There are ten different Sensor settings to cook your favorite foods. Each will cook the food you select automatically. You don't need to calculate cooking time or decide on variable power level. Just select the appropriate Sensor setting and the oven does the rest.

* Suppose you want to cook fresh vegetables.

Step	Procedure	Pad Order	Display
1.	Touch SENSOR COOK pad.	SENSOR COOK	FOOD SENSOR
2.	Select desired Sensor setting. Touch 1 to cook fresh vegetables.	1	SC- 1 SENSOR
3.	Touch START pad.	START	SC- 1 SENSOR COOK
	When sensor detects the vapor emitted from the food, remainder of cooking time will appear (ex. remainder of cooking time is 1 min. 32 sec.).		1.32 SENSOR COOK
	The timer will begin counting down to zero. When the timer reaches zero, an audible signal will sound.		STAND, COVER and STIR will be displayed repeatedly.

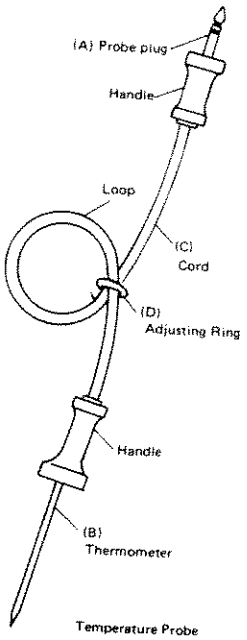
Open oven door or touch STOP/CLEAR pad. The time of day will reappear on the display.

NOTE: Avoid opening the oven door or touching the STOP/CLEAR pad when SC- and the sensor setting number is displayed. If this occurs, ERROR and SC- and the sensor setting number will appear and Sensor cooking will be interrupted. To continue cooking, touch the STOP/CLEAR pad. ERROR indicator will go out. Select cooking time and variable power level. Cooking with a Sensor setting at this point may result in overcooking.
When the display switches over to remaining of cooking time, you can open the oven door and stir food, turn it over or season, as desired.
If you touch the wrong Sensor setting, retouch the correct setting. Selected setting will appear on the display.

TEMPERATURE COOKING (R-8570 only)

Temperature Probe

Your Sharp Convection Microwave Oven is equipped with a removable temperature probe. Procedure for programming the oven for cooking by temperature using the probe is given in the OPERATION OF AUTO-TOUCH CONTROL PANEL.
Suggested cooking and serving temperatures are given throughout the cookbook. Please refer to the beginning of each chapter and to individual recipes for temperature guidelines.



Temperature Probe

To Use the Temperature Probe

1. Insert the pointed metal thermometer portion (B) of the temperature probe into the food. It is easier to position the probe correctly if this is done while the food is outside the oven. Be sure to insert the probe at least 2/3 length of thermometer portion (B) into the food.
   For casseroles, place the thermometer in the center of the food. When cooking meats, insert in the center and fleshy portion, away from bone or fatty sections. For poultry, insert the probe between the inner thigh and body of the bird.
2. Place the food on the turntable inside the oven.
3. Insert the probe plug (A) into the receptacle in the top center of the oven cavity (ceiling of oven). Be sure the probe is securely inserted. This portion rotates as the food turns on the Carousel.
4. Shorten or lengthen the cord loop by moving the adjusting ring (D). Avoid placing the rubber cord (C) directly on or in the food. By using the adjusting ring it is easy to place the probe at the desired angle.
5. Program oven for Cooking by Temperature as explained on page 23 or use Sensor Temp setting.
6. When the food reaches the programmed temperature, the oven will turn off automatically. The time of day will reappear on the display. If you wish to check the temperature during the standing time, leave the food in the oven with the probe in place. You can monitor any changes in temperature by simply touching the TEMP pad.
7. Remove the probe plug from the receptacle before removing the food from the oven.

Use and Care of Temperature Probe

1. DO NOT OPERATE THE OVEN EMPTY WITH THE TEMPERATURE PROBE INSIDE. TO AVOID THIS POSSIBILITY, DO NOT LEAVE THE PROBE IN THE OVEN WHEN NOT IN USE.
2. The temperature probe should be unplugged and removed from the oven when not in use. Store the probe in a safe, convenient place outside the oven.
3. Carefully wash the temperature probe in warm sudsy water and wipe dry. It is immersible, but should not be soaked. Do not wash in dishwasher.
4. Insert the thermometer portion of the probe at least 2/3 length of thermometer portion (B) into the food.
5. The temperature probe should never be allowed to touch the interior walls or door of the oven.
6. Do not use the temperature probe when using the browning dish.
7. This temperature probe is designed specifically for use in this Sharp Convection Microwave Oven. Do not substitute any other probe for this one. The probe cannot be used in other microwave ovens.
8. Avoid harsh treatment of the probe. Do not drop the probe. It is a thermometer, handle it carefully.
9. Pot holders may be needed when removing the temperature probe.
10. Do not remove the probe from the receptacle or from the food by pulling on the cord. Use the insulated handles.
11. Do not try to force the temperature probe into solidly frozen food.
12. Temperatures are displayed in the range of 90°F to 230°F. The maximum temperature which can be entered is 200°F.
13. Temperature readings are given for some recipes which should be cooked covered. If you wish to use the probe, cover the food with clear plastic wrap and insert the probe through the plastic wrap.
14. You will often notice a change in the temperature readout after stirring. This is normal and occurs in conventional cooking also.
15. Recommended cooking or serving temperatures are given for those recipes in your cookbook where cooking by temperature is appropriate. You may choose to cook by either time or temperature.

To Cook by Temperature

Your oven is equipped with a removable temperature probe which is plugged into the receptacle in the top center of the oven cavity when cooking by temperature. Directions for correct use of the temperature probe are on page 22.

The internal temperature of the food will be displayed in the range of 90°F to 230°F. The maximum temperature for cooking which can be entered is 200°F. If a temperature is set more than 200°F, ERROR and the incorrect temperature will appear on the display. The STOP/CLEAR pad must be touched in order to reprogram the oven.

The display will show LO F until the temperature reaches 90°F. This indicates that the temperature is below 90°F.

* Suppose you want to roast a whole chicken to 175°F on HIGH MIX/ROAST.

Step	Procedure	Pad Order	Display
1.	Place probe in chicken. Insert probe plug into the receptacle in the top center of the oven cavity. Enter desired temperature.	1 7 5	175
2.	Touch TEMP pad to select temperature cooking.	TEMP	175F TEMP
3.	Select desired setting (Ex. HIGH MIX/ROAST).	HIGH MIX / ROAST	MIX 375F TEMP
4.	Touch START pad.	START	When food temperature is lower than 90°F: MIX LO F TEMP COOK
	When the internal temperature reaches 90°F, the readout will display the actual temperature of the food as it increases to 175°F. When it reaches 175°F as detected by the temperature probe, the oven will automatically shut off and the end of cooking signal will sound. All indicator lights will go out. The time of day will reappear on the display.		

NOTE: 1. If the temperature probe is not plugged in properly or is defective, TEMP indicator will flash on and off. When you touch START, TEMP will remain, PROBE will flash on the display, and the oven will not turn on.

2. If you are in the process of cooking using the temperature probe and wish to check the temperature you have programmed, simply touch the TEMP pad. As long as your finger is toucing the TEMP pad, the final temperature will be displayed.

To Monitor Temperature

If the temperature probe is plugged into the top center of the oven cavity and the probe is placed in water or food, the temperature of the water or food can be monitored on the readout.

Step	Procedure	Pad Order	Display
1.	Touch TEMP pad.	TEMP	Temperature detected by temperature probe will appear on display. 90°F to 230°F will be displayed.
2.	To return to the time of day.	STOP / CLEAR	The time of day will reappear on the display.

To Cook by Temperature Followed by Time

Your oven can be programmed to maintain any temperature from 90°F to 200°F for up to 99 minutes, similar to the automatic thermostat on an electric skillet or on a conventional range. This feature can be used to keep food warm at the desired serving temperature until ready to eat, or food can be simmered at a specific temperature for up to 99 minutes.

* Suppose you want to heat a spaghetti sauce to 180°F on MED HIGH and then maintain exactly 180°F for 1 hour to blend the flavors and thicken the sauce.

Step	Procedure	Pad Order	Display
1.	Place probe in casserole of spaghetti sauce. Insert probe plug into the receptacle in the top center of the oven cavity. Enter desired temperature.	1 8 0	1 80
2.	Touch TEMP pad to select temperature cooking.	TEMP	180F TEMP
3.	Select desired Variable Cooking Control setting.	MED HIGH	180F MED HIGH TEMP
4.	Enter desired cooking or "holding" time. To maintain 180°F for 1 hour.	6 0 0 0	60 00
5.	Touch START pad.	START	When food temperature is lower than 90°F: LOF MED HIGH TEMP COOK
	When the internal temperature reaches 90°F, the readout will display the actual temperature of the food as it increases to 180°F.		When it reaches 180°F 60.00 TEMP COOK

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound.
The time of day will reappear on the display.

NOTE: In the above example, if the actual temperature drops below 180°F during the 60 minute "holding" time, microwave energy will come on long enough to boost the temperature back up to 180°F. The HIGH indicator will light momentarily while the microwave energy is on.
The programmed temperature can be checked during cooking or during the "holding" time by touching the TEMP pad. As soon as your finger is removed from the TEMP pad, the display will resume counting down to zero.

To Cook with Sensor Temp 1-6

SENSOR TEMP automatically cooks roasts and poultry and casseroles to an exact internal doneness. The turn over and finished temperatures are already calculated. Just select the appropriate SENSOR TEMP setting and the oven does the rest.

* Suppose you want to cook a roast beef (Medium).

Step	Procedure	Pad Order	Display
1.	Place probe in meat. Insert probe plug into the receptacle in the top center of the oven cavity. Close the door. Touch SENSOR TEMP pad.*	SENSOR TEMP	FOOD SENSOR TEMP
2.	Select desired Sensor Temp setting. Touch 2 to cook roast to medium.	2	MIX ST-2 SENSOR TEMP
3.	Touch START pad.	START	MIX ST-2 SENSOR TEMP COOK
	Approximately halfway through the cooking time, an audible signal will sound four times. At this point you may want to check food, and reposition probe, baste, or stir. Unless the oven door is opened, cooking will continue until the final temperature is reached. If the door is opened, simply close the door again, and touch START to continue cooking.		
4.	Touch START pad.	START	When the internal temperature of the meat is 100°F: MIX 100F SENSOR TEMP COOK The temperature will be displayed as it increases. MIX 130F SENSOR TEMP COOK
5.	When final temperature is reached, an audible signal will sound.		STAND and COVER will be displayed repeatedly.

Open oven door or touch the STOP/CLEAR pad. The time of day will reappear on the display.

* If you program SENSOR TEMP without plugging the probe plug into the receptacle in the top center of the oven cavity, PROBE will flash on the display when you press START. Insert probe plug into the receptacle to stop flashing. Continue to program as directed.

To Cook with Sensor Temp 7 (Simmer)

SENSOR TEMP 7 is used for slow cooking. Sauces, stews or meats that benefit from slow cooking can be done very easily. SENSOR TEMP will bring the food quickly up to temperature and maintain it for up to 4 hours.

* Suppose you want to cook Beef Stew.

Step	Procedure	Pad Order	Display
1.	Place probe in casserole. Insert probe plug into the receptacle in the top of the oven cavity. Touch SENSOR TEMP pad.	SENSOR TEMP	FOOD SENSOR TEMP
2.	Touch 7 to simmer stew.	7	ST-7 SENSOR TEMP
3.	Touch START pad. When stew reaches 180°F, stew should be stirred. At that time, an audible signal will sound four times.	START	ST-7 SENSOR TEMP COOK STIR will be displayed continuously.
4.	Open the door and stir stew. Close the door.		PRESS and START will appear repeatedly.
5.	Touch START pad.	START	180F SENSOR TEMP COOK 180°F will be displayed for up to 4 hours.*

* If you want to simmer food for less than 4 hours, stop oven after desired simmer time.

NOTE: If you touch the wrong Sensor Temp setting, retouch the correct setting.

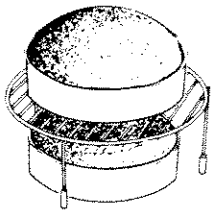
GUIDE FOR CONVECTION AND MIX COOKING

This section of the Operation Manual gives you helpful hints for cooking by Convection and Mix Cooking. Please consult your Sharp Carousel Convection Microwave Cookbook for more specific cooking instructions and procedures.

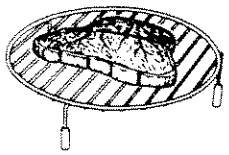
Accessories

The following accessories are designed especially for use in the Sharp Convection Microwave Oven. The racks are for convection or mix cooking only; do not use for microwave cooking alone. Do not substitute similar types of racks for these specially designed ones.

Baking Rack
— This rack is used for two-level cooking, such as layer cakes, muffins, etc.



Broiling Trivet
— Used for roasting or broiling to allow juices to drain away from food.



Convection Cooking

Helpful Hints:

1. Foods may be cooked either directly on turntable, or using rack or trivet.
2. Do not cover turntable, broiling trivet, or baking rack with aluminum foil. It interferes with the flow of air that cooks food.
3. Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
4. Hot dogs cooked on the broiling trivet may be turned over to give an even, grilled appearance.

Recommended Utensils:

Metal turntable
Baking rack
Broiling trivet
Metal baking pans
Ovenable paper board containers
(Follow manufactures instructions)
Aluminum foil containers
Heat resistant glass
Corning Ware®

Mix Cooking

With the exception of those foods that cook best by convection heating alone, most foods are well suited to mix cooking; using either LOW MIX or HIGH MIX setting.

The marriage of these two cooking methods produces juicy roasts, moist and tender cakes and fine textured bread, all with just the right amount of browning and crispness.

Helpful Hints:

1. Meats may be roasted directly on turntable or on the broiling trivet, or in a shallow roasting pan on the turntable as you prefer.
2. If roasting frozen meat, insert dual safe meat thermometer halfway through cooking time.
3. Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
4. When baking, check for doneness after time has elapsed. If not completely done, let stand in oven a few minutes to complete cooking.

Recommended Utensils:

Metal turntable
Baking rack
Broiling trivet
Metal baking pans
Aluminum foil containers
Heat resistant glass
Corning Ware®
Ovenable paperboard containers
(Follow manufactures instructions)

NOTE:

During mix baking some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.

If arcing occurs when using a fluted tube pan, place a heat resistant dish (Pyrex® pie plate, glass pizza dish or dinner plate) between the pan and the turntable. If arcing occurs with other metal baking utensils, discontinue their use for combination cooking.

CONVECTION COOKING

Your new Sharp oven can also be used for both Convection and automatic Convection Microwave Cooking. During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

The oven should not be used without the turntable in place and it should never be restricted so that it cannot rotate. You may remove the turntable when preheating the oven or when preparing food to be cooked directly on the turntable.

To Preheat

Your new Sharp Auto-Touch Convection Microwave Oven allows you to preheat to the desired temperature by touching a temperature pad. Whenever you want to automatically preheat the oven, no "time" is entered. The oven will signal when it is ready. To preheat and then automatically cook, follow directions on page 31.

* Suppose you want to preheat to 325°F.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.	CONVECTION	CONV F
2.	Enter the desired preheating temperature.	325°F	CONV 325F
3.	Touch START pad.	START	CONV PRE- COOK CONV HEAT COOK will be displayed repeatedly.
	When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing, begin rotating and an audible signal will sound 4 times, and the temperature will be displayed.*		CONV 325F COOK

* At this point the oven is preheated. Food may be placed in the oven and the oven programmed. If the oven door is not opened, the oven will begin temperature holding operation. The oven will automatically hold at the preheat temperature for 15 minutes. After this time has elapsed an audible signal will sound and the oven will turn off. All indicators will go out. Whenever the door is opened or the STOP/CLEAR pad is touched during this 15 minute period, the program is cancelled and the display will return to the time of day.

NOTE: If you are in the process of preheating and wish to check the actual oven temperature, simply touch the CONVECTION pad. The actual oven temperature will be displayed as long as the CONVECTION pad is touched. If the oven temperature is below 100°F at this time, LO F will be displayed.

To Cook by Convection

Your Auto-Touch Convection Micowave Oven can be programmed for ten different convection cooking temperatures for up to 99 minutes, 99 seconds.

* Suppose you want to cook at 350°F for 12 minutes.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	1 2 0 0	12 00
2.	Touch CONVECTION pad.	CONVECTION	CONV F
3.	Enter desired temperature.	350°F	CONV 350F
4.	Touch START pad.	START	CONV 12.00 COOK

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

NOTE: If you are cooking and wish to check the temperature you have programmed, simply touch the CONVECTION pad. The programmed temperature will be displayed as long as CONVECTION pad is touched.

To Preheat and Cook by Convection

Your Sharp Convection Microwave Oven can be programmed to combine preheating and convection cooking or preheating and automatic mix cooking operations. You can preheat at the same temperature as the MIX temperature or change it to a higher or lower temperature.

* Suppose you want to preheat the oven to 425°F then cook for 12 minutes at 425°F.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.	CONVECTION	CONV F
2.	Touch desired preheat temperature pad.	425°F	CONV 425F
3.	Enter desired cooking time.	1 2 0 0	12 00
4.	Touch CONVECTION pad again.	CONVECTION	CONV 425F
5.	Touch START pad.	START	CONV PRE- COOK CONV HEAT COOK will be displayed repeatedly.
	When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times, and the temperature will be displayed.		CONV 425F COOK The oven will automatically hold at the desired temperature for 15 minutes.
6.	Open door. Place food in oven. Close door. Touch START pad.	START	CONV 12.00 COOK

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.
The cooling fan will remain on until the oven cavity has cooled.

NOTE: If you wish to preheat and cook at a different convection temperature, follow Steps 1 through 4 above, then touch the desired cooking temperature pad.
The cooking temperature will appear on the display. Continue with Steps 5–6.

Convection Cooking Using Temperature Probe

(R-8570 only)

The Temperature Probe can also be used during convection cooking to cook food to an internal temperature of 90°F to 200°F.

* Suppose you want to cook a roast at 300°F (convection temperature) until it reaches 150°F (food temperature).

Step	Procedure	Pad Order	Display
1.	Place probe in cup of water or in food. Insert probe plug into the receptacle in the top center of the oven cavity. Touch number pads for desired food temperature.	1 5 0	150
2.	Touch TEMP pad.	TEMP	150F TEMP
3.	Touch CONVECTION pad.	CONVECTION	CONV F TEMP
4.	Touch convection temperature pad for desired oven temperature. (Ex. 300°F)	300°F	CONV 300F TEMP
5.	Touch START pad.	START	When food temperature is lower than 90°F: CONV LOF TEMP COOK
	When the internal temperature reaches 90°F, the readout will display the actual temperature of the food as it increases to 150°F.		

All indicators will go out and an audible signal will sound.
The time of day will reappear on the display.

AUTOMATIC MIX COOKING

Your Sharp Convection Microwave Oven has two preprogrammed settings that make it easy to cook with both convection heat and microwaves automatically.

The LOW MIX/BAKE pad is preprogrammed for 350°F with 10% microwave power, while the HIGH MIX/ROAST pad is preprogrammed for 375°F with 30% microwave power. On both of these settings the convection heating system and the microwave system automatically alternate to give you fast, even cooking. The convection temperature setting of either pad can be changed to accommodate a wide variety of foods. See your Sharp Carousel Convection Microwave Cookbook for complete cooking information.

To Use Automatic Mix Settings

* Suppose you want to bake a cake for 20 minutes on LOW MIX/BAKE.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	2 0 0 0	20 00
2.	Touch LOW MIX/BAKE pad.	LOW MIX / BAKE	MIX 350F
3.	Touch START pad.	START	MIX 20.00 COOK

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.
The cooling fan will remain on until the oven cavity has cooled.

NOTE: 1. To cook on HIGH MIX/ROAST setting, use the above procedure, touching HIGH MIX/ROAST pad in Step 2.
2. If you are in the process of Automatic Mix Cooking and wish to check the oven temperature you have programmed, simply touch the CONVECTION pad. The temperature you set will appear on display as long as the CONVECTION pad is touched.
The oven will continue to count down to zero during this time.

To Change Convection Temperature of Automatic Mix Settings

You may want to change the preprogrammed temperature of the LOW MIX/BAKE or HIGH MIX/ROAST settings. Check your Sharp Carousel Convection Microwave Cookbook for ideas on when to change the temperature.

* Suppose you want to cook a roast for 60 minutes on HIGH MIX, 325°F.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	6 0 0 0	60 00
2.	Touch HIGH MIX/ROAST pad.	HIGH MIX / ROAST	MIX 375F
3.	Touch 325°F pad.	325°F	MIX 325F
4.	Touch START pad.	START	MIX 60.00 COOK

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

NOTE: To cook on LOW MIX/BAKE setting, use the above procedure, touching LOW MIX/BAKE pad in Step 2.

To Preheat and Cook with Automatic Mix Settings

* Suppose you want to preheat the oven to 375°F and bake a pie for 35 minutes on HIGH MIX/ROAST.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.	CONVECTION	CONV F
2.	Touch desired preheat temperature pad.	375°F	CONV 375F
3.	Enter desired cooking time.	3 5 0 0	35 00
4.	Touch HIGH MIX/ROAST pad.	HIGH MIX / ROAST	MIX 375F
5.	Touch START pad. When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times, and the temperature will be displayed.	START	CONV PRE- COOK CONV HEAT COOK will be displayed repeatedly. CONV 375F COOK The oven will automatically hold at the desired temperature for 15 minutes.
6.	Open door. Place food in oven. Close door. Touch START pad.	START	MIX 35.00 COOK The Convection Fan Symbol will rotate.

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.
The cooling fan will remain on until the oven cavity has cooled.

NOTE: 1. To preheat then cook on LOW MIX/BAKE setting, use the same procedure, touching 350°F pad in Step 2 and the LOW MIX/BAKE pad in Step 4.
2. If you wish to preheat and cook at a different automatic mix cooking temperature, follow Steps 1 through 4 above, then touch the desired cooking temperature pad. The cooking temperature will appear on the display. Continue with Steps 5–6.

Automatic Mix Using Temperature Probe (R-8570 only)

The temperature probe can also be used during combination cooking to cook food to an internal temperature of 90°F to 200°F without setting combination cooking time.
When the desired food temperature has been reached, the oven will turn off automatically.
See page 23 for program.

Convection and Microwave Cooking

Your Sharp Convection Microwave Oven can be programmed to combine convection and microwave cooking operations.

* Suppose you want to bake chicken pieces at 350°F for 15 minutes and then cook at MEDIUM for 10 minutes.

Step	Procedure	Pad Order	Display
1.	Enter desired convection cooking time.	1 5 0 0	15 00
2.	Touch CONVECTION pad.	CONVECTION	CONV F
3.	Enter desired convection temperature.	350°F	CONV 350F
4.	Enter desired microwave cooking time.	1 0 0 0	10 00
5.	Select Variable Cooking Control setting.	MED	10.00 MED
6.	Touch START pad.	START	CONV 15.00 COOK The timer begins to count down to zero. When it reaches zero. 10.00 MED COOK

The cooking time will count down to zero. When it reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven has cooled.

BROILING

Preheating is automatic when the BROIL setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 450°F. Use Broil setting for steaks, chops, chicken pieces and many other foods. See your Sharp Carousel Convection Microwave Cookbook for suggestions and cooking time.

* Suppose you want to broil a steak for 14 minutes.

Step	Procedure	Pad Order	Display
1.	Enter maximum broiling time.	1 4 0 0	14 00
2.	Touch BROIL pad.	BROIL	CONV 450F
3.	Touch START pad.	START	CONV PRE- COOK CONV HEAT COOK will be displayed repeatedly.
	When oven temperature reaches 450°F, the Convection Fan Symbol will stop flashing and begin rotating. An audible signal will sound 4 times.*		CONV 450F COOK
4.	Open door and place food in oven.		CONV 14.00
5.	Close oven door and touch START pad.	START	CONV 14.00 COOK

The cooking time will count down to zero. When it reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven has cooled.

* Oven will maintain 450°F for 15 minutes after signal sounds and Convection Fan Symbol begins to rotate. If the oven door is not opened (food placed in the oven) within 15 minutes, the oven will automatically turn off.
Although timer is set for the maximum broiling time as directed in Step 1, check food at minimum time recommended in the chart.
This will eliminate the need to completely reprogram the oven if additional cooking time is needed. Simply close the oven door and touch START to continue.

SLOW COOK

The SLOW COOK setting is preset for 300°F for 4 hours. It is designed for foods which cook longer than 99 minutes, 99 seconds at 300°F or less. Foods such as baked beans or marinated chuck steak are best cooked slowly at low temperatures. The SLOW COOK feature expands the length of cooking time to a maximum of 4 hours at 300°F or lower. It adds to the overall versatility of your new Convection Microwave oven. When using this setting, no cooking time is entered; you will need to time food manually.

* Suppose you want to change oven temperature from 300°F to 275°F.

Step	Procedure	Pad Order	Display
1.	Touch SLOW COOK pad.	SLOW COOK	CONV 300F
2.	Enter desired oven temperature if you want to change from 300°F.	275°F	CONV 275F
3.	Touch START pad.	START	CONV 275F COOK The Convection Fan Symbol will begin to rotate.

After 4 hours an audible signal will sound. All indicators will go out. The time of day will appear on display. If the oven door is opened or the STOP/CLEAR pad is touched during the SLOW COOK cycle, the program will be cancelled and the oven will turn off. If you need to check food, open the oven door and check or stir. After closing the door, touch SLOW COOK, lower temperature if needed, and START to reactivate the oven.

When changing SLOW COOK temperature, temperature above 300°F cannot be entered.

COMPUCOOK (R-8570 only)

CompuCook will automatically compute the oven temperature, microwave power and cooking time for baking, roasting and broiling. It is based on specific foods and the quantity or weight of the food. All the foods are listed on the Auto-Touch control panel, specific instructions follow.

To Cook with CompuCook

* Suppose you want to use CompuCook to cook a 6.95 pound chicken.

Step	Procedure	Pad Order	Display
1.	Touch COMPU COOK pad.	COMPU COOK	FOOD COMPU
2.	Select food category for CompuCook. Touch 3 to cook Roast Chicken.	3	CC-3 MIX COMPU Lbs. Lbs. (pounds) will flash on and off.
3.	Touch number pads to enter weight.*	7 0	7.0 MIX COMPU Lbs. Lbs. stops flashing.
4.	Touch the START pad.	START	1H 02 MIX COMPU COOK Convection fan symbol will rotate.

The cooking time will count down to zero. When it reaches zero, all indicators will go out and an audible signal will sound.
STAND and COVER will be displayed repeatedly.
When the door is opened or STOP/CLEAR pad is touched, STAND and COVER will go out and the time of day will reappear on the display. The cooling fan will remain on until the oven has cooled.

* Pounds must be rounded off to the nearest tenth of a pound (Example: 6.95 lbs. should be rounded off to 7.0). If a weight over or under the guidelines in the chart is entered, ERROR and the incorrect weight will flash on display.

If the cooking time for any CompuCook food is more than one hour, 1H and the minutes will appear on the display. When the countdown reaches one hour (60 minutes), minutes and seconds will appear on display and continue to countdown.

NOTE: 1. Use foods listed in the CompuCook Section of the control panel.

2. CompuCook works with foods at normal storage temperature. For example, chicken would be at refrigerator temperature and cakes and bread would be at room temperature.
3. Foods weighing more or less than the quantity listed in the chart should be cooked following guidelines in the cookbook. If you enter an incorrect quantity and START pad is touched, ERROR and incorrect quantity will appear alternately on display.
4. The weight or quantity of food can be entered for each CompuCook Setting. The unit, pounds (Lbs.) or quantity (No.), will appear on display. For example, turkey would be calculated in pounds and hamburger patties would be quantity.
5. Pounds must be rounded off to the nearest tenth of a pound (Example: 5.45 lbs should be rounded off to 5.5 lbs.).
6. Preheat is automatic with CC-1 (Hamburgers, broiled) and CC-2 (chicken, broiled). When the oven reaches the desired temperature, an audible signal will sound four times; place the food in the oven and touch START.
7. STAND and COVER will appear on display alternately when CompuCook for Roast Chicken, and Roast Turkey, are completed. When door is opened or STOP/CLEAR pad is touched, STAND and COVER will go out and time of day will appear on display.
8. All foods can be seasoned, as desired, before cooking begins.
9. If door is opened during CompuCook, shut door and touch the START pad to resume cooking.

COMPUCOOK CHART

Food	Compu Cook Setting	Amount	Unit	Procedure	Comments
Hamburgers broiled	1	2—8 pieces	Number of patties	Season, as desired. Place on broiling trivet.	Patties should be ¼ lb. each, ½-inch thick.
Chicken broiled	2	0.5—3.5 lbs	Pounds	Season, as desired. Place on broiling trivet.	Chicken next to bone should no longer be pink.
Chicken roast	3	2.5—7.5 lbs	Pounds	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
Turkey	4	6.5—15.9 lbs	Pounds	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
Cake layers	5	1—2 layers	Number of layers	One or two 9-inch round metal cake pans, greased.	Cool 10 minutes in pan on wire rack; remove from pan. Complete cooling on wire rack.
Bread loaves	6	1—2 loaves	Number of loaves	One or two 9 x 5 inch metal loaf pans, greased.	Remove from pans immediately, cool on wire racks.

CLEANING AND CARE

Exterior:

The outside surface is precoated metal and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Interior:

The oven walls, ceiling, and floor are stainless steel. For easy cleaning, wipe up any spatters or spills with a soft, damp cloth or sponge after each use or clean with mild detergent and water.
For heavier soil, use a mild cleanser such as Soft Scrub® or Bon Ami® following manufacturer's instructions. Commercial oven cleaner, preferably the brush-on type, can also be used following manufacturer's instructions. Apply to stainless steel walls, floor, ceiling, or turntable only.
Plastic or nylon scouring sponges or pads recommended for use on Teflon* and Silverstone* can be used on the oven walls, ceiling, or turntable. Be sure to rinse cavity with a damp cloth or sponge after cleaning to completely remove all cleanser residue. Dry with a soft cloth.

Do not use harsh abrasives.
* Du Pont's registered trademark.

Turntable/Turntable support:

The turntable and turntable support can be removed for easy cleaning. Wash the turntable and turntable support in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. The turntable and turntable support are dishwasher-proof.
The turntable motor shaft is not sealed, so excess water or spills should not be allowed to stand in this area.

Door:

Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of harsh abrasives.

Touch Control Panel:

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. This will inactivate the control panel. Wipe the panel with a cloth dempened slightly with water only dry with a soft cloth. Do not scrub or use any sort of chemical cleaners.

CONDENSATION

Occasionally some foods will cause the oven to "sweat". The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Be sure that the rear vent is not blocked.

Condensation is a normal part of microwave cooking.

The door seal is designed to prevent leakage of microwave energy during cooking. The door seal does not need to be airtight in order to accomplish this. Occasionally moisture may appear around the oven door. You may be able to see some small areas of light or feel warm air movement around the oven door. None of these situations is abnormal or necessarily indicates the oven is leaking microwave energy.

CAUTIONS REMINDERS

1. Do not operate the oven empty in the microwave mode. Either food or water should always be in the oven during operation to absorb microwave energy.
2. Limit use of metal to those specific examples given in the utensil section of your cookbook. Generally, metal should not be used during operation of microwave mode alone. Metal utensils can be used for convection and combination cooking.
3. Do not cook eggs in the shell. Pressure will build up inside the shell and it will explode. Do not reheat cooked eggs unless they are scrambled or chopped. Puncture the egg yolk before cooking eggs.
4. Avoid canning in the microwave oven; harmful bacteria may not be destroyed.
5. Do not heat oil or fat for deep frying.
6. Pierce the "skin" of potatoes, whole squash, apples or any fruit or vegetable with a skin covering before cooking.
7. Popcorn should be cooked only in special microwave poppers carefully following manufacturer's recommendations. Do not pop popcorn in paper bags or glass utensils. Microwave popped corn produces a lower yield than conventional popping; there will be a number of unpopped kernels. Do not use oil unless specified by the popper manufacturer. Do not remove the turntable while oven is in use or heat longer than recommended on instructions.
8. Do not use paper towels, plates or other utensils made from recycled paper for microwave cooking. Recycled paper products may contain impurities which could cause the paper to ignite during microwave cooking.
9. Do not use plastic or styrofoam utensils for microwave cooking if the oven is hot from convection cooking. The utensils may melt.
10. Unlike microwave-only ovens, all convection microwave ovens have a tendency to become hot on the cabinet and oven door, as do conventional ovens and convection-only ovens. Be careful when touching parts other than the handle or control panel during or immediately following convection cooking.

BEFORE YOU BEGIN COOKING

This Operation Manual is a supplement to your new Sharp Carousel Convection Microwave Cookbook. Before you begin cooking, read the introductory section of your cookbook. Topics discussed there include:

- What are microwaves?
- Microwave Utensils
- Microwave Cooking Techniques
- Learn While You Cook
- What is Convection Cooking?
- Convection Microwave Utensils

PORTABLE WHEELED CART

Many Sharp dealers stock portable roll-about microwave oven carts. Placing the Sharp Convection Microwave Oven on a wheeled cart makes it a portable cooking center. This will allow you to move the unit from place to place; from the kitchen to the family room.

BUILT-IN KIT

Your Sharp Convection Microwave Oven can easily be built-in by using Sharp's Built-In Kit, Model RK-65. See your local Sharp Dealer for information about this trim kit for building the oven directly into the wall. Only built-in kits approved by Sharp can be used with Sharp Convection Microwave Ovens.

TEMPERATURE CHART (R-8570 only)

For more complete information see your Sharp Carousel Convection Microwave Cookbook.

Food	Internal Temperature at End of Cooking Time	Internal Temperature After 10 to 15 Minutes Standing Time
Beverages		
Water base	150-160°F	
Milk base	140-150°F	
Casseroles	140-160°F	
Chicken		
Whole Baked or Parts	175°F	185°F
Cornish Hen	175°F	185°F
Lamb		
Medium	135°F	145°F
Well Done	150°F	160°F
Leftovers	140-160°F	
Meat Loaf	150°F	155-160°F
Pork		
Loin Roast	175°F	185°F
Fresh Ham	175°F	185°F
Precooked Ham	130°F	135-140°F
Soups	140-160°F	
Tender Beef		
Rolled Rib or Standing Rib Roast		
Rare	120°F	140°F
Medium	130°F	150°F
Well Done	150°F	160°F
Turkey		
Boneless Roasts	175°F	180-185°F
Whole Turkey	175°F	185°F
Veal	160°F	165-170°F

SENSOR TEMP CHART (R-8570 only)

Place food on roasting rack, in a baking dish or on turntable and select Sensor Temp setting. Oven will signal four times approximately halfway through cooking time, check food and reposition probe if necessary or stir casserole. Oven will signal again when final temperature is reached. Let stand 10 minutes, covered with foil.

Food	Sensor Temp Setting	Internal Temperature	Comments	Category
Roast beef (rare)	1	120°F	Stand, covered, 10 min.	HIGH MIX 375°F
Roast beef (medium)	2	130°F	Stand, covered, 10 min.	HIGH MIX 375°F
Roast beef (well)	3	150°F	Stand, covered, 10 min.	HIGH MIX 375°F
Roast pork	4	175°F	Stand, covered, 10 min.	HIGH MIX 375°F
Turkey breast	5	175°F	Stand, covered, 10 min.	HIGH MIX 375°F
Casserole	6	160°F	Cover with lid or plastic wrap.	MICROWAVE
Simmer	7	180°F	Hold for a maximum of 4 hours	MICROWAVE

SENSOR COOKING CHARTS AND RECIPES (R-8570 only)

VEGETABLE CHART

Vegetable	Sensor Cook Setting	Amount	Cooking Procedure	Standing Time Covered
Beans Fresh, green	1	½ to 2 cups	1½-in. pieces, casserole with lid or plastic wrap. ½ to 1 cup water.	3-min.
Frozen, green	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Broccoli Fresh, spears	1	½ to 2 lbs.	Casserole with lid or plastic wrap. 2 tablespoons water.	2-3 min.
Frozen, spears or cuts	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Brussels Sprouts Fresh	1	½ to 3 lbs.	Casserole with lid or plastic wrap. ¼ cup water.	3-min.
Frozen	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Cabbage Shredded, wedges	1	1 to 3 lbs.	Casserole with lid or plastic wrap.	3-min.
Carrots Fresh, slices	1	½ to 2 cups	Casserole with lid or plastic wrap. 2 tablespoons water.	3-min.
Frozen, slices	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Cauliflower Fresh, flowerets	1	½ to 2 cups	Casserole with lid or plastic wrap.	3-min.
Fresh, whole	1	1 to 3 lbs.	Wrap in plastic wrap.	3-min.
Frozen, flowerets	2	10-oz. pkg.	Casserole with lid or plastic wrap.	3-min.

VEGETABLE CHART

Vegetable	Sensor Cook Setting	Amount	Cooking Procedure	Standing Time Covered
Corn				
Fresh, on cob	1	2 to 4	12 x 8-in. dish. ¼ cup water.	5-min.
Frozen, whole kernel	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Peas				
Green, frozen	2	¼ to 1 lb.	Casserole with lid or plastic wrap.	3-min.
Potatoes				
Baked	4	1 to 6 medium	Prick; place on turntable.	5-10 min. Let stand wrapped in foil.
Spinach				
Fresh	1	¼ to 1 lb.	3-qt. casserole with lid or plastic wrap.	3-min.
Frozen, leaf or chopped	2	10-oz. pkg.	Casserole with lid or plastic wrap.	2-5 min.
Squash				
Fresh, spaghetti	1	1 to 3 lbs.	Prick; place on turntable.	5-10 min.
Fresh, zucchini	1	½ to 2 cups	2-qt. casserole with lid or plastic wrap.	3-min.
Sweet Potatoes				
Fresh	4	2 to 4 whole	Prick; place on turntable.	3-min. Let stand wrapped in foil.

NOTE: Break up frozen vegetables before cooking and stir before standing time.

SENSOR COOK

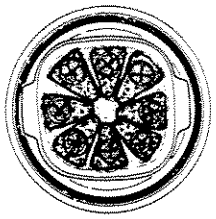
Food	Sensor Cook Setting	Amount	Procedure	Comments
Sauté Vegetables	3	½ to 2 cups	2 to 4 cup measure. Diced vegetables. 1 to 2 tablespoons butter. Cover with plastic wrap. Use a larger container to cook mushrooms.	Stand, covered, 5 min.
Frozen Entree TV Dinner	5	5 to 12 oz.	Remove lid from foil pan. Remove cake-like dessert. Return tray to box. Place on turntable.	Stand, covered, 3 min.
Entree	5	5 to 32 oz.	Remove from container. Place in glass casserole with lid or plastic wrap.	Stand, covered, 3 min.
Reheat Dinner Plate	6	8 oz.	Wrap with waxed paper.	
Hot Dog with Bun	6	1 or 2	Wrap in paper towel.	
Leftovers	6	8 oz.	Casserole with lid or plastic wrap.	Stand, covered 5 min.
Canned Entree	6	7 to 15 oz.	1½-qt. casserole with lid or plastic wrap. Stir before standing time.	Stand, covered, 5 min.
Canned Vegetables	6	7 to 16 oz.	1-qt. casserole with lid or plastic wrap.	Stand, covered, 5 min.
Casseroles	7	½ to 3-qt.	Place in flat baking dish or casserole dish, cover with lid. Stir before standing time, if possible.	Stand, covered, 5 min.

SENSOR COOK

Food	Sensor Cook Setting	Amount	Procedure	Comments
Soup				
Broth Chunky Cream	8	8 to 20 oz.	Use a mug or bowl for 8 ounces, cover with plastic wrap. Larger quantities use 1½-qt. casserole with plastic wrap.	Stir.
Homemade, precooked	8	1-qt.	2½-qt. casserole with lid or plastic wrap.	Stir.
Bacon				
Slices	9	2 to 6 slices	Place bacon on paper plate, lined with paper towel. Bacon should not extend over rim of plate. Cover with paper towel.	
Fish, Seafood				
Clams, fresh	0	¼ to 1 lb.	Place in plastic bag. Secure end. Slit bag with knife.	
Fillet, fresh or frozen, thawed	0	¼ to 1 lb.	Arrange in ring around. glass utility dish. Cover with plastic wrap.	
Scallops, fresh or frozen, thawed	0	¼ to 1 lb.	Place scallops in glass pie plate or utility dish. Cover with plastic wrap.	
Shrimp, fresh or frozen, thawed	0	¼ to 1 lb.	Place shrimp in glass pie plate or utility dish. Cover with plastic wrap.	
Steaks, fresh or frozen, thawed	0	¼ to 1 lb.	Arrange on glass utility dish. Cover with plastic wrap.	

Recipe Hints

1. Cook fish fillets in a ring around the outside of the dish.



2. Fold plastic wrap around the edge of the dish.
3. Tuck waxed paper under the cooking dish.
4. Check food for doneness after cooking with sensor settings. If additional time is needed, continue to cook with variable power and time.

Broccoli Soup

- 1 package (10 ounces) frozen* chopped broccoli
- 2 cups water
- 1½ cups milk
- ½ cup heavy cream
- ¼ cup chopped onion
- 2 teaspoons instant beef flavored bouillon
- ¼ teaspoon garlic powder
- ⅛ teaspoon ginger
- ⅛ teaspoon nutmeg
- dash pepper

Makes 4 servings
(Approx. 15 min.)

1. Combine all ingredients in 3-quart casserole. Cover with lid or plastic wrap.
2. Cook on Sensor 8.

* For fresh broccoli: Place spears in casserole with lid or plastic wrap. Cook on Sensor 1. Cut into small pieces.

Creamy Vegetable Soup

- 2 cups water
- 1 cup milk
- 1 package (8 ounces) frozen mixed vegetables with onion sauce
- 1 chicken flavored bouillon cube
- ½ cup grated American or cheddar cheese

Makes 4 servings
(Approx. 18 min.)

1. Combine all ingredients in 3-quart casserole. Cover with lid or plastic wrap.
2. Cook on Sensor 8.

Chicken and Rice Casserole

- 2 cups cooked chicken, diced
- 1 cup quick cooking rice
- 1 cup water
- 1 chicken bouillon cube
- 1 rib celery, diced
- 1 small onion, chopped
- ¼ teaspoon garlic powder
- ¼ teaspoon thyme
- ¼ teaspoon salt
- dash pepper

Makes 4 servings
(Approx. 10 min.)

1. Mix all ingredients in a 2-quart casserole. Cover with lid or plastic wrap.
2. Cook on Sensor 7.

Creamy Chicken Casserole

- 2 cups cooked chicken, diced
- 1 can (10¾ ounces) condensed cream of mushroom soup
- 1 can (8 ounces) water chestnuts, drained and sliced
- ¼ cup walnuts, chopped
- ¼ teaspoon salt
- dash pepper

Makes 4 servings
(Approx. 10 min.)

1. Mix all ingredients in a 2-quart casserole. Cover with lid or plastic wrap.
2. Cook on Sensor 7.

Cod Steaks

1 pound (4 pieces) cod steaks
2 tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon paprika
dash pepper
1 small zucchini, thinly sliced
1 small yellow squash, thinly sliced

Makes 4 servings
(Approx. 8 min.)

1. Arrange fish in ring around the outside of a 12-inch round glass utility dish.
2. Combine lemon juice and spices. Pour over fish. Top with zucchini and squash. Cover with plastic wrap. Cook on Sensor 0.

Flounder Fillet with Vegetables

½ green pepper, diced
1 small onion, diced
1 potato, diced
2 tablespoons butter or margarine
1 pound flounder fillet, fresh or frozen, thawed
pepper
paprika

Makes 4 servings
(Approx. 10 min.)

1. Combine green pepper, onion, potato and butter in 2-cup measure. Cover with plastic wrap. Cook on Sensor 3.
2. Arrange fish in a ring around the outside of a 12-inch round glass utility dish. Sprinkle with pepper and paprika. Pour vegetables over fish. Cover with plastic wrap. Cook on Sensor 0.

Cheesy Flounder

1 pound flounder fillets, fresh or frozen, thawed
1 teaspoon lemon juice
½ cup grated Swiss cheese
2 tablespoons bread crumbs
¼ teaspoon salt
¼ teaspoon crushed rosemary
¼ teaspoon thyme
¼ teaspoon tarragon
¼ teaspoon oregano
dash pepper

Makes 4 servings
(Approx. 8 min.)

1. Arrange fillets in ring around the outside of a 12-inch round glass utility dish.
2. Drizzle with lemon juice. Sprinkle 1/3 cup cheese on fish. Combine bread crumbs and herbs. Sprinkle on fish. Top with remaining cheese. Cover with plastic wrap. Cook on Sensor 0.

Flounder Stuffed with Crabmeat

½ cup chopped green pepper
½ cup chopped mushrooms
¼ cup chopped onion
2 tablespoons butter
2 tablespoons bread cumbs
1 can (8 ounces) minced or flaked crabmeat
1 pound flounder fillets, fresh or frozen, thawed

Makes 4 servings
(Approx. 10 min.)

1. Combine green pepper, mushrooms, onion and butter in a 4-cup measure. Cover with plastic wrap. Cook on Sensor 3.
2. Stir in bread crumbs and crabmeat. Place 2 tablespoons stuffing in center of each fillet. Roll, starting with narrow end, until ends just meet. Secure with a wooden pick.
3. Arrange fillets in ring around the outside of a pie plate or 12-inch round glass utility dish. Cover with plastic wrap. Cook on Sensor 0.

Seasoned Scallops

12 ounces scallops
¼ cup flavored bread crumbs
2 tablespoons chopped green pepper
2 tablespoons chopped onion

Makes 3-4 servings
(Approx. 5 min.)

1. Combine all ingredients in pie plate or 12-inch round glass utility dish. Cover with plastic wrap.
2. Cook on Sensor 0.

Steamed Clams

¾-1 pound clams

(Approx. 5 min.)

1. Place clams in plastic bag. Secure with a non-metal tie. Slit bag with knife.
2. Cook on Sensor 0.

Shrimp Curry

2 teaspoons cornstarch
¼ cup pineapple juice
3 tablespoons vinegar
2 tablespoons brown sugar
¼ teaspoon curry powder
¼ teaspoon ginger
4 drops hot sauce
12 ounces raw shrimp, shelled and deveined
1 cup pineapple chunks

Makes 4 servings
(Approx. 5 min.)

1. Dissolve cornstarch in pineapple juice. Add remaining ingredients except shrimp and pineapple; mix well. Stir in shrimp and pineapple.
2. Pour into a glass pie plate or 12-inch round glass utility dish. Cover with plastic wrap. Cook on Sensor 0.

Shrimp Scampi

¼ cup butter or margarine
1 teaspoon garlic powder
½ teaspoon lemon juice
½ teaspoon parsley flakes
12 ounces raw shrimp, shelled and deveined

Makes 4 servings
(Approx. 5 min.)

1. Combine all ingredients except shrimp in a 2-cup measure. Cover with plastic wrap. Cook on Sensor 3.
2. Place shrimp in a glass pie plate or 12-inch round glass utility dish. Pour seasoned butter over shrimp. Cover with plastic wrap. Cook on Sensor 0.

SHARP

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